



Hummus Wrap



About This Recipe

Serves: 3

Mess Rating: 1 (out of 5)

Prep Time: 5 minutes

Cook Time: none

Total Time: 5 minutes

*Have your A.G. (Adult Guide) help you with this

Equipment

1 Cutting board

1 Knife*

1 Spreader (dull knife)

1 set measuring cups

Ingredients

2 whole wheat tortillas

1/4 cup hummus

1/4 cup chopped tomatoes

1/4 cup fresh spinach, shredded

1 teaspoon minced sweet onions (optional)

Setting Up:

Step 1: Prepare Tomato

Wash tomato. Place tomato on cutting board and carefully slice into small chunks with knife.* Use 1/4 cup of chopped tomato in the wraps.

Step 2: Prepare Spinach

Wash spinach. Dry spinach. Shred spinach into small pieces. Use 1/4 cup of shredded spinach in the wraps.

Step 3: Prepare Onion

Wash sweet onion. Place onion on cutting board and carefully cut off the ends of the onion with knife.* Remove the first layer of onion as well. Cut the onion in half from the top end to base. Place the cut side down on the cutting board. Always hold the onion with bent fingers while slicing and chopping. This allows you to use your knuckles as a guide against the side of the knife and not the tips of your fingers under the knife. It will feel pretty awkward at first but it's the only safe way to hold the onion! For chopped onions, with the knife tip pointed towards the root, slice the onion to within 1/2 inch of the base. Make about 1/4 inch parallel cuts. Now cut perpendicular to the slices you just made. Cut the onion into very small pieces (minced). Use 1 teaspoon of minced sweet onions.

Step 4: Spread Hummus

Spread half the hummus on each tortilla.

Step 5: Place Toppings

Top each wrap with half the tomato and half the spinach. Drizzle with olive oil. Add the onions, if you like.

Step 6: Make the Wrap

Fold or roll tortilla to hold the vegetables. Enjoy!

Nutrition Information:

Calories: 154 kCal

Protein: 6 grams

Fat: 4 grams

Saturated Fat: 0.6 grams

Sugars: 1 gram

Sodium: 227 mg